

Graphic by Manuel Martins

Air Force Birthday: Celebrating 58 Years of Legacy and Service

By Gen. Robert H.
"Doc" Foglesong
Commander,
U.S. Air Forces in Europe

RAMSTEIN AIR BASE, Germany (USAFENS) – Fifty-eight years ago on Sept. 18, 1947, W. Stuart Symington was sworn in as the first Secretary of the Air Force; at that moment the Air Force became a distinct and separate U.S. military service. Just one year later, U. S. Air

Forces in Europe would play a vital role in Operation Vittles, later known as the Berlin Airlift, by airlifting more than 2.3 million tons of food, fuel and medical supplies to the blockaded city of Berlin.

Today, USAFE Airmen are engaged in a wide range of U.S. and NATO real-world contingencies and exercises across the globe. We are furthering democracy in places such as Iraq and the former Eastern Bloc nations as USAFE people engage in Operations Iraqi Freedom and

Enduring Freedom, partnership for peace exercises, military-to-military contact programs and other activities.

To all of the members of the Air Force – Active Duty, Guard, Reserve, civilian, retired and families – thank you for your dedication and commitment.

Because of your effort and determination, we continue to be the most respected and feared air and space force in the world. We salute you for bringing your courage every day – thanks for all you do!

Holiday Greetings

Hometown greetings team coming to Lajes

Page 4

Katrina

Air Force assists in relief efforts

Page 5

Heritage

Hispanic Heritage Month begins

Page 8





COMMENTARY

Choosing to stay in the Air Force after 20 years

By Master Sgt. Albert J. Lewis Jr.
325th Fighter Wing

About six years ago a fellow non-commissioned officer for whom I have a great deal of respect said, "I'm going to retire at 20 years because every day I work after 20 years I'm working for half pay."

My friend was referring to the retirement plan that pays half our basic pay at retirement in some form or fashion. I thought that statement made sense, and since I didn't want to be taken advantage of, I decided I, too, would retire after 20 years of service in the Air Force.

But the closer I came to 20 years, the more unsettled I became with my decision to retire. Each retirement ceremony I attended made me realize that one day I would be forced to say goodbye to the lifestyle I love. Once I acknowledged I really loved the Air Force way of life I wanted to evaluate why I felt this way and justify why I've chosen to stay.

There are many reasons why I have chosen to stay longer than 20 years, but in the interest of time and space, I'll just share three with you.

I have found the Air Force to be a family-friendly organization that provides me a sense of a higher calling while adopting a set of values I am proud to strive to live up to.

From the top down the Air Force is truly focused on caring for the family. Over the past year I have heard our wing commander say on numerous occasions: "Family is first! Take care of your family."

I first experienced this early in my career. My wife, Cheryl, and I had just transferred to Europe, and at 2 a.m. in the morning there was a knock at our door. We opened the door to find my first sergeant there. He had just received a call from the Red Cross that Cheryl's grandfather had died. The "shirt" told

us if we needed assistance getting back to the United States to let him know and he would have airline tickets for us in the morning.

I also recall going on temporary duty assignments at various times in my career and leaving Cheryl at home with our young children. During these times, members of my work center would call or stop by and check on my family, run errands, baby-sit, etc. I am now preparing for another TDY as I write this article, and I know that in my absence my Air Force family will, as always, take care of my immediate family.

Every day I wake up proud to think I contribute to one of the highest callings known to man, to preserve freedom for the human race. I am empowered with the thought that I am freedom's guardian. Whether I turn a screw on a jet or fix a computer, whether I flip a burger in the dining facility or flip a mattress in lodging, whether I process performance reports or travel vouchers, whether I take control of a vehicle or a classroom, I am a part of the machine that keeps people free.

As freedom's guardian, I have a hand in every scientific, medical and technological breakthrough. Although I am proud of the mission I am tasked to accomplish, I am also humbled by the values I am expected to uphold.

The Air Force core values make us the envy of other organizations. I recall the first Airman Leadership School graduation Cheryl attended six years ago when the guest speaker talked about our core values. Our drive home began in silence until I looked at Cheryl and asked what was on her mind. Almost in awe, she said, "Wow – Integrity First, Service Before Self and Excellence in All We Do."

It took me three weeks to learn those core values, and Cheryl memorized them after one graduation speech. My wife is a registered nurse and works in the local community, and she said, "If

my job adopted this set of values then we would have more motivated workers because everyone would strive for excellence, we would have more satisfied patients because the staff would be more concerned with the service they provide as oppose to their personal desires, and if we all displayed integrity, the staff would have a better working relationship because we would trust one another."

For the first time I saw our Air Force core values in the light they were meant. I have always known them, but I never really stopped to notice them. That night the Air Force core values became a part of both Cheryl and me.

Our Air Force is a family-friendly organization that provides a higher calling to its members and advocates a system of beliefs that I am proud to call my own. A wise man once said, "Love what you do for a living and you'll never have to work a day in your life." I still love what I do for a living.

Commander's Line

Call 2-4240 or
e-mail

actionline@lajes.af.mil

The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution.

Your chain of command should always be your first option for praise or problems -- but when that's not the answer, call or e-mail the CC Line.

Col. Robert Winston
65th Air Base Wing
commander

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COMMENTARY



USAFE Airman Information File

September 2005

Having Passion for What We Do

"I ... do solemnly swear that I will support and defend the constitution of the United States ..."

These are more than just words to those of us in the profession of arms. Our oath commits us to a noble journey; a journey towards a more perfect union, to provide for our common defense, and to secure the blessings of liberty for our nation and our posterity. Our efforts require us to be committed to our nation's strategic goals and prepared to make great sacrifices in their defense. Having passion for what we do is not an option — it's essential to our Nation's future.

President John F. Kennedy, in his inaugural address in 1961 said, "Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and success of liberty." These truths are being tested today in every corner of the world. Our enemies are often difficult to identify and may walk among us. Make no mistake, we are in the fight of a lifetime; a protracted and asymmetric struggle that will challenge our resolve — our passion — in a way no other has.

Expertise, confidence, enthusiasm, and conviction are hallmarks of passion. We must demonstrate our passion in everything we do! From building roads to launching aircraft, from Theater Security Cooperation activities to taking care of your Wingman, believing in what we do is essential for mission success. We must continue to believe America will always prevail regardless of the challenge. Passion gives us the power to persevere, and the moral and physical courage to act boldly on our beliefs — it's the manifestation of our spirit through action.

Passion is contagious! Leaders, bolster your teams with vision and enthusiasm. Followers, bring your expertise and conviction to every facet of the mission. Have the courage to lead by your actions and to leave your fingerprints behind.

"When there is an enemy to fight in open combat ... many serve, all applaud, and the tide of patriotism runs high. But when there is a long slow struggle, with no immediate, visible foe, your choice will seem hard indeed." Kennedy's immortal words have never been more appropriate. As we continue to forge ahead in the global struggle for freedom, ensure all you do contributes to mission success and lead by your actions — have passion for everything you do!

General Doc Foglesong

CMSgt Gary Coleman

"Bring Your Courage"

Good to Know

IDEA program

The IDEA Program is an incentive program to recognize submitters for approved ideas that benefit the government by streamlining processes or improving productivity and efficiency. It also recognizes individuals for intangible benefits such as improving morale or working conditions. Ideas can be submitted at <https://ipds.mont.disa.mil> or by calling 2-1144.

Toll-free calls

To make a call to 1-800, 888, 866, 877 toll-free prefixes, Lajes members can call DSN 809-4OFFDSN (809-463-3376). After dialing this number, callers will hear a dial tone, then they can dial the toll-free number. Using this number instead of calling a base operator at a stateside location can help reduce the workload of base operators, reduce the call holding time incurred, and improve services to the DSN users. Access/usage is authorized for all DSN users.

Air Force benefits

Did you know that IAW AFI 36-2618, paragraph 4.1.7., supervisors must review the Air Force Benefits Fact Sheet with each subordinate during performance feedback counseling sessions, and that a copy of the fact sheet must be provided to the individual at the end of the counseling session? Although first line supervisors are, and should continue to be the primary source for career development and assistance, career questions may be directed to the Team Lajes Career Assistance Advisor. The CAA office is located in Bldg. T-112. For details, call Master Sgt. Don Martin at 2-6197.

Mail suspension

Effective immediately, due to severe facility damage, evacuations and other issues resulting from Hurricane Katrina, the Postal Service is not accepting any standard mail or periodicals from any source addressed for delivery to the following three-digit ZIP code ranges: 369, 393, 394, 395, 396, 700, 701 and 704. The sale of Express mail is suspended for the following ZIP codes: 369, 393, 394, 395, 396, 700, 701, 703 and 704. For details on restrictions, call the post office at 2-5251 or 295-574-251.



Holidays Greetings Hometown greeting team comes to Lajes

SAN ANTONIO — An Army and Air Force Hometown News Service Team will be here Oct. 3 and 4 to give Lajes members a chance to say "Hi," to their family back home.

Four teams of broadcasters from the Army and Air Force Hometown News Service began their annual worldwide holiday greetings tour Sept. 10, giving thousands of servicemembers and Department of Defense civilians stationed overseas a chance to send a message to their families in the states.

The teams will visit about 70 overseas installations in 11 countries, Guam and Alaska to gather about 15,000 individual messages from people stationed abroad during the holidays, said Tom Taylor, chief of broadcast news for hometown news. The trip also includes visits to about 10 forward-deployed locations.

The holiday greetings program began in 1984 to recognize servicemembers serving in a variety of missions outside the United States at a time of the year when they will miss sharing the holidays with their families, Mr. Taylor said.

The program gives them a chance to send a personal message to their loved ones back home, and the process is a painless one.

Participants come to where the teams have set up at their location, fill out a form indicating

where their families are, stand in front of the camera and say their message. When the teams get back here, they market each greeting to the TV stations in that person's area, and turn the video into a release for the radio stations.

Over the years, the greetings have become a regular part of the holiday season for viewers nationwide, airing in every market in the United States on about 1,100 television stations and 1,200 radio stations.

John Boyer, of a news station in Gainesville, Fla., said the program is an integral part of his station, and he loves giving servicemembers the chance to speak to their family.

"The holiday greetings program is one of the best well-kept secrets," he said. "I've been able to do this for 20 years, and we always get many positive responses from families. It brings those who are so far away close to their family."

Tony Benable, of a news station in Bristol, Va., said he also gets many calls from people requesting copies of the video.

"We love it," he said. "The program gives us a holiday greeting the public cares about."

Mr. Benable said his station always provides a complimentary copy of the greeting to the servicemember's family.

"We give priority to those who are forward deployed or in other



SAN ANTONIO — Senior Airman Ryan Nelson tapes a mock holiday greeting during a training session here. A team from Army and Air Force Hometown News Service will be here Oct. 3 and 4, for Team Lajes members who want to send holiday messages home. (Photo by Master Sgt. Lance Cheung)

remote unaccompanied assignments, but we do record greetings from families serving in accompanied assignments in Europe and the Pacific," Mr. Taylor said.

Servicemembers stationed overseas, including families and Department of Defense civilians who will be stationed outside the U.S. during the December holiday, are all invited to take advantage of the program and send a holiday greeting back home.

The team will record greetings from 8 a.m. to 6 p.m., Oct. 3 and 4 at Warrior Park adjacent to

the Top of the Rock Club.

Individuals should have the name, address and telephone number of those who the greeting is being sent to ensure they receive notification of when the greeting will air.

Active-duty members must be in uniform for their greetings.

There is a limit of four greetings per family. Members must have an appointment.

To make an appointment, or for more information, call Public Affairs at 2-6161 or 295-676-161.

(Courtesy of Air Force Print News)

Project CHEER offers wintertime blues activities

**By Staff Sgt. Christin Michaud
65th ABW Public Affairs**

One Combat and Special Interest Program is gearing up for the winter months here at Lajes Field.

Project CHEER — Creating Hope, Energy, Enthusiasm and Recreation — is designed to help create an environment of energy and enthusiasm for single and unaccompanied Airmen here.

The program's goal is to relieve some of the stress during winter months and the holiday season, typically November through March. The bad weather can cause seclusion and loneliness and can be difficult due to family separation.

Project CHEER is designed to link all events and inform the base population of exciting ac-

tivities.

"Project CHEER is important at all USAF installations to facilitate social events and enrich camaraderie," said Capt. Ted West, Project CHEER coordinator for 2005-2006.

It helps give people something to do during the winter months when the weather is bad, explained Airman 1st Class Lawrence Lay, 65th Communications Squadron infrastructure technician.

Project CHEER is primarily for single and unaccompanied members stationed at Lajes, but is open to all ID card holders.

"As the Top 3 rep, last year we made monthly dorm drop-offs of cookies and candy," said Master Sgt. Eddie Gilliam, 65th Security Forces Squadron. The Top 3 also hosted a single and unaccompanied

member dinner with more than 100 attendees.

Other events last year included activities at the Sun and Sand Hut, card games, Lajes/USAF Idols, bowling, darts, and billiard tournaments, dodge ball and more.

"When people actually attend the event, it turns out to be fun," said Airman Lay. "It beats sitting in the dorms and being bored the whole winter."

"If you are tired of the dorm need to get out Project CHEER has a host of monthly events for your enjoyment," stressed Sergeant Gilliam. "Don't let life pass you by — Lajes has so much to offer. If you are sad and blue, Project CHEER has something for you."

The list of events for this winter will be posted on the Lajes Intranet.

Air Force support of Hurricane Katrina continues

WASHINGTON (AFPN) – Two weeks after Hurricane Katrina devastated the Gulf Coast, the Air Force continues its fever-pitch support effort to aid the people it has affected.

Airmen, aircraft and equipment from bases nationwide are playing a vital role in the Federal Emergency Management Agency-directed Hurricane Katrina relief efforts.

The total force is involved in search and rescue, recovery, airlift and aeromedical evacuation.

Airmen opened up the New Orleans airport and have a 25-bed emergency medical squadron on the ground there — with 75 beds still to come. Airmen with two contingency response wings deployed to New Orleans, Lafayette, La., Keesler Air Force Base, Miss., and Gulfport, Miss., to run airlift operations.

Air Force actions to-date include:

- Rescues: 5,110.
- Sorties: 2,514.
- Passengers flown: 23,517.
- Cargo tons delivered: 11,260.

- Aeromedical evacuation patients flown: 2,555.
- Civil Air Patrol sorties: 156.

Air Force aircraft taking part in the massive operation include:

- C-130 Hercules (airlift).
- C-17 Globemaster III (airlift).
- C-5 Galaxy heavy (airlift).
- C-141 Starlifter (airlift).
- KC-135 Stratotanker (airlift and refueling).
- KC-10 Extender (airlift and refueling).
- OC-135 Open Skies (aerial photography).
- C-23 (passenger transfer).
- C-21 (passenger transfer).
- C-12 (passenger transfer).
- U-2 Dragonlady (reconnaissance).
- E-3 Sentry (air traffic control).
- HC-130 P/N (helicopter aerial refueling).
- HH-60G Pave Hawk (search and rescue).
- MC-130E/H Combat Talon I/II (search and rescue).
- MH-53J/M Pave Low (search and rescue).
- C-9 Nightingale (aeromedical evacuation).

Katrina stories from around the Air Force

Keesler helping restore Gulf Coast medical infrastructure

GULFPORT, Miss. — The Air Force joined a unified medical command of local, state and federal agencies aiming to restore primary care services to Mississippi's ravaged Gulf Coast.

Reserve conducts aerial spray mission over Louisiana

DUKE FIELD, Fla. (AFPN) — The Air Force Reserve continues to save lives in Hurricane Katrina's aftermath by conducting the first of many aerial spray missions that began Sept. 12 over Louisiana in an attempt to reduce mosquito and filth fly populations.

97th AEG stands up at Keesler KEESLER AIR FORCE BASE, Miss. (AFPN) — When the call comes in for an air expeditionary group to deploy, it is usually to a destination with sand, located on foreign soil ... this time the group was called to deploy inside the United States — right at Keesler.

The 97th Air Expeditionary Group, comprising Airmen from around the United States, began arriving Sept. 6 to focus on humanitarian missions.

"Our mission is to provide support capabilities for organizations such as the (state of) Mississippi and the Federal Emergency Management Agencies which request Department of Defense assistance," said Col. Linda Medler, 97th AEG commander.

COMM ensures information gets to rescuers, Air Force

JACKSON, Miss. (AFPN) — The safety of those stranded in New Orleans and along the Gulf Coast could hinge upon 450 Airmen deployed here as part of the 347th Expeditionary Rescue Group and their ability to commu-

nicate rapidly and effectively across vast distances.

From setting up Internet connections and radio systems to securing confidential information and relaying it to higher headquarters, the work from the 347th ERG communications team here is vital, said Tech. Sgt. Matthew Weiner, a 347th ERG communications team leader. He is deployed from Patrick Air Force Base, Fla.

Air Force medics help Katrina victims locate loved ones

LOUIS ARMSTRONG NEW ORLEANS INTERNATIONAL AIRPORT, La. (AFPN) — Searching through handwritten passenger manifests and scouring computer databases is not in the usual day's work for Air Force medics. However, in the aftermath of Hurricane Katrina, medics with the 4th Air Expeditionary Group are doing just that for families separated from loved ones airlifted from here.

Air Force paralegals aid survivors through claims process

WASHINGTON — The legalities of disaster recovery can seem murkier than floodwater, but for some Air Force families, making claims for belongings destroyed by Hurricane Katrina will be easier, thanks to Air Force paralegals.

U-2 aids in Katrina relief

For almost two weeks, the 9th Reconnaissance Wing here has supported relief efforts by flying U-2S missions over the Gulf Coast area in support of the Federal Emergency Management Agency.

For these stories in their entirety or for more stories on support of Hurricane Katrina, visit www.af.mil. (Courtesy of AFNS)

Library kicks off Information Quest

In an effort to highlight their web site and electronic resources, U.S. Armed Forces in Europe is running a contest that began Thursday and runs through Sept. 30.

It allows people here to take part in Lajes Base Library's Project Wizard Information Quest contest to learn about the libraries resources and earn the chance to win an iPod.

Visit the Lajes library to sign up for an E-Resource Account, then log on to the library web site during the contest to play. The form is 10 questions and can be submitted on the web site.

"Information Quest is a fun way to learn about the databases available at our libraries," said Melinda Mosley, USAFE Command Librarian. "After the contest is over, we hope that people will keep using the resources. If kids are looking for homework help, or adults are doing homework or research of their own, they'll find that the USAFE library web site is the place to go. We're a 24 hour operation, so all this is available wherever you are, whenever you need it — just log on to www.USAFELibraries.org."

More than \$1,500 in prizes will be awarded throughout the command. Sign-up prizes include t-shirts, mouse pads, pens and pencils as well as wrist bands with the [USAFELibraries.org](http://www.USAFELibraries.org) web site.

The contest is open to those 10 years and older who are eligible for a USAFE library card. Visit www.USAFELibraries.org/iq2005.php for more information.

(Courtesy of 65th Services Squadron)



Sandra Zell checks out at the base library Wednesday with the help of library assistant Ana Santos. Information Quest, a library contest to learn about resources at the library, began Thursday. (Photo by Ed Lima)

Billboards for elections

Question:

Recently, I've noticed some billboards along the local roads with pictures of people and advertising for what seems to be a political campaign. Is there an election coming up?

Answer:

As a matter of fact there is an election scheduled for

Oct. 9 which will serve to elect the new mayors and town's councilmen throughout the country, including the Azores.

The local billboards actually display the pictures of the candidates running for mayors of Praia da Vitória and Angra do Heroísmo.

This national election will

elect the mayors for the 308 counties in the country, - 19 of them in the Azores - and the town's councilmen for the more than 4,200 Portuguese town councils, of which 153 are Azorean.

The city halls and town's councils are seen in Portugal as the local power and the most direct source of resources for the country's population, either during normal times or during natural catastrophes. The mayors are the local representatives for the Civil Defense Service and are the first ones to coordinate relief actions during emergencies.

The town council (Junta de Freguesia in Portuguese)

Ask Ed



By Eduardo Lima
Community Relations Advisor
Call him at 2-3413 or e-mail
eduardo.lima@lajes.af.mil



Photo by Eduardo Lima

is a secondary local administrative unit in Portugal, but still very important for each town's development.

The mayors and town councilmen will be elected for a four-year term.

Couple comes back to Lajes after 55 years

By Bob Stern

Family Support Center volunteer

Some people may have seen an older couple wandering around base last month.

They were retired Chief George and Rosealba Mack of San Jacinto, Calif., returning to their first married assignment 55 years later.

Chief Mack was assigned here as an Airman with Flight B, 7th Air Rescue Squadron, as a scanner (crew members watching the air and ocean for planes and ships in trouble from Iceland to French Morocco). He arrived in January 1949.

George was only too glad to leave after three years (two of which were alone) on the island, but Rosealba held fine memories and has been after George to return for the last 30 years. For their 55th anniversary, George surprised her with a trip to celebrate. They flew on a Space-A hop from Travis Air Force Base, Calif., to McGuire Air Force Base, N.J., then to Lajes Field.

The couple enjoyed their return here, and eagerly reminisced about island life in those days.

The Portuguese people were not yet warmed up to the Americans (who replaced the British at Lajes in 1947). Chief Mack was one of the fortunate ones, whose natural Mexican-Spanish learned in the El Paso "Barrio" growing up made it possible for him to commu-

nicate early with the locals. He made friends in Praia and Angra, the only "shuttle truck" locations the Airmen ever got to.

The barracks area was just east of the current shoppette. They were World War II Quonset Huts divided into two-man quarters with one bath and shower per hut.

Later, when his new bride 18-year-old Rosealba arrived, the only quarters were Quonset huts.

Lajes Field didn't have a commissary in those days. The Macks would take the shuttle to the market in Praia. After selecting, boxing and paying for their goods they returned on the shuttle. Later the same day a market truck would mount the hill to deliver.

Rosealba cooked on a cast-iron stove big enough for a restaurant - three-fourths of it was a grill top and it had two burners.

The refrigerator and stove were made for kerosene, but it was cheaper for diesel, and so she ran the stove with that.

They had no heaters for the houses. "We don't remember ever needing it," they said. January through March was rainy with some wind, but not enough for heating.

Rosealba was fortunate to have another Airman's wife take her under wing, one in her mid-twenties with four children. There was no family support center or official squadron support

groups.

The base had its own private beach called Jones Beach, to the right of the lighthouse near where the big ship docks are now.

The supplies for the base had to be offloaded outside the bay onto barges and brought ashore.

The only building the Macks recognized from their period besides the remaining Quonset huts was the Portuguese Air Force Headquarter building. They were here before construction ended, and thought it was to be the Air Force Headquarters building.

Despite the hardships of the day, they loved the Air Force.

"It was the best thing that ever happened to me," said Chief Mack.

Very few made it successfully from the Texas "Barrios," but he enjoyed 26 years of service. Of his four sons, two also retired from the Air Force, and a third served in the Army and wished he'd joined the Air Force, George said.

He proudly displays "AIM HIGH" posters at his home in San Jacinto, and he and Rosealba bid a fond farewell to a modern base partnered with the Portuguese.

Things have changed a great deal since their day.

George and Rosealba, thank you for sharing your memories with the latest generation of Air Force members assigned in the Azores.

Hispanic Heritage Month celebrations begin

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

The Organization of Latin Americans kicks off its month-long celebration today by reading to the children of Lajes from 3 to 4 p.m. at the base library.

This is first of many activities scheduled for Hispanic Heritage Month which runs from Sept. 15 to Oct. 15 each year.

Hispanic Heritage Month begins Sept. 15, the anniversary of independence for five Latin American countries — Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Mexico declared its independence Sept. 16, and Chile Sept. 18.

This year's theme is, "Hispanic Americans: Strong and Colorful Threads in the American Fabric."

"The theme in a way describes the multitude of Latin Americans making a huge impact in our society, especially in our military in how we are contributing a big role," said Master Sgt. Gabriel Garza, president of the Organization of Latin Americans.

"The month is a small token of appreciation when we remind our country of the Hispanic/Latin

American contributions made throughout the years," Sergeant Garza said. "It's important to me because it's in my blood and I owe it to my parents to keep our traditions and culture alive year round."

During the month, the committee invites Team Lajes to share in their culture and participate in their many events.

Events include a car wash with music, chips and salsa as well as virgin margaritas for the customers. Other events include a Latino food extravaganza, Latin karaoke and a Hispanic Heritage Month Banquet.

"Basically, Team Lajes is already experiencing a wonderful, different culture (Portuguese), all we are doing is adding to their experience by introducing a small taste of the Latin culture," Sergeant Garza said.

Senior Airman Iliana Hernandez stressed OLA is not only for Latin Americans.

"Recently, I did research on Latinos and I found out that Latinos are those individuals who are from a country whose language derives from Latin — which means Italians, French, Spanish and Portuguese to name a few European Latinos, then of course we have our American

Latinos," she said. "I was

Hispanic Heritage Month events

Today – 3 to 4 p.m., Reading to Lajes children at the library (this will continue every Friday through HHM).

Saturday – car wash at the commissary with music, chips, salsa and virgin margaritas

Thursday – SUM dinner, with deep fried tacos, beans, rice and some arroz con leche for dessert

Sept. 24 – 2 to 5 p.m., Latino Food Extravaganza at the community center – food from different Latin countries, some cultural displays, a dance contest, piñatas for the kids and a the bouncy castle

Oct. 15 – Hispanic Heritage Month Banquet at the Top of the Rock Club

surprised to find out there's even Asian Latinos."

Even though the celebration only lasts a month, the OLA sponsors events throughout the entire year.

The events include: a Cinco de Mayo celebration; sponsoring Lajes Orphanage children by bringing them on base to bowl, play basketball and eat ice cream; and fundraisers to support the DoDDs

Scholarship program.

"This year we awarded a \$500 scholarship," Sergeant Garza said.

"Hopefully Team Lajes members will come out and enjoy the events we have put together," said Airman Hernandez.

The OLA meets from 12 to 1 p.m. on the first Friday of each month at the Sun and Sand Hut. Everybody is welcome to attend.

For information about OLA or Hispanic Heritage Month events, call Sergeant Garza at 2-6399.

HISPANIC FLAVOR

Pico de Gallo

INGREDIENTS:

4 tomatoes, diced
1 white onion, diced
1 fresh jalapeno, seeded and minced
8 cloves fresh garlic, minced
2 tbsp. fresh cilantro, chopped
1 tbsp. extra virgin olive oil
1 tsp. black pepper
3 tbsp. fresh lime juice
salt to taste

PREPARATION:

Stir all of the chopped and minced ingredients together. Stir in the lime juice and olive oil. Add salt and pepper. Chill for an hour before serving, if possible.

Tips:

Depending on how juicy your limes are, you'll need 1 - 3 to get 3 tablespoons of juice.

Arroz con Pollo - Chicken and Rice

INGREDIENTS:

1 2-3 pound chicken fryer, cut up
1/4 cup vegetable oil
1/2 cup flour
1 cup uncooked rice
1/4 cup green stuffed olives, sliced
2 cans chunky tomato sauce
10 ounces chicken broth
1 teaspoon chile powder.

PREPARATION:

Rinse and pat dry the chicken pieces. Dredge in flour, then brown in oil. Combine the remaining ingredients in an oiled casserole dish. Place the browned chicken on top, cover and bake in a 350 degree oven until the rice is tender. Serve with a green salad and warm, crusty bread.

Graphic by Staff Sgt. James Zannetti

Lajes golfers storm Terceira

By 1st Lt. Michael Hyland
65th ABW Public Affairs

Despite the adverse weather conditions last weekend, three Lajes members lugged their golf clubs through the muddy sand traps onto the soggy greens at Terceira Island Golf Course for the Annual Pro-Am Tournament. One of those players took home top prize in the amateur category.

Lajes Safety Office member Bill Rathbun placed first in the Pro-Am's amateur portion, which competitors played the second and third day of the five-day event. Rathbun fell behind the first day, finishing in ninth place. When he showed up on day two, the skies opened up as well as his game.

"I play well in the rain. The clubs just glide better on the wet grass," Rathbun said. "Everything just fell into place."

With the Eclectic Match rules, competitors shoot 18 holes two days in a row, taking the best shot from each day. Rathbun needed to improve on 9 holes to challenge the leader and succeeded, coming back from 17 shots down to win.

AJ Gontarek, a dependent at Lajes,

finished 15th in the 29-player amateur category – not bad for a seventh grader.

"I didn't play as good as I wanted to, but I still think I did pretty well," he said.

At 12, AJ plays on the Lajes High School Golf Team, which gives him the opportunity to practice three times a week and play in a tournament every other. In his short career, AJ's played courses in Florida and Massachusetts, but he said Terceira fits his game the best currently.

"I get a lot of spin on my iron and it's easier to hold," he said.

AJ took the modest route and didn't mention his short game. Instead, he let his actions speak with a victory against one of the pros in a putting contest.

Carl Ergenzinger from the civil engineering squadron was the third Lajes member to play.

The five-day Pro-Am included amateurs and European pros. The event kicked off with a day of practice, continued with the two-day Eclectic match and the final round teamed the amateurs with the professionals.

Rathbun said the event is definitely worth bearing the elements.

"Members get five rounds of golf, to

play with a pro and all that food," he said.

If you're interested in golfing on Terceira, call 295-902-444.



Scottish pro golfer Jay Taylor (middle, back) gives some putting lessons to Tori Rathbun (middle, front) during the Terceira Island Golf Course Pro-Am Saturday. Amateur competitors AJ Gontarek (left) and Bill Rathbun (right) pay close attention. Bill won the tournament's amateur category with assistance from daughter Tori, who performed her father's caddie duties. (Courtesy photo)

Dietician shares heart healthy hints

By Capt. Lisa Tauai
HAWC dietitian

Fourteen million Americans are affected by Coronary Heart Disease. CHD is the leading cause of death for American men and women.

People can control this disease by making simple choices to protect themselves. Physical activity and eating habits have a huge affect on the chance of getting CHD. By implementing small changes into a lifestyle people can keep their heart healthy and happy for many years to come.

The first step is determining if an individual's weight is helping or hurting their heart.

The best way to deter-

mine body composition is to calculate body mass index. This can be done by taking weight in pounds divided by height in inches squared and multiply the answer by 705. If the score is between 20 and 25 an individual is at the least risk for early death. If the result is 26 or above, it means a person is considered to have a higher risk of developing disease earlier in life.

Once people understand where their ideal heart-healthy weight is, they can begin making goals to reach or maintain that weight.

The next step is to determine if blood lipid levels are acceptable or increasing an individual's risk for future disease.

Desirable levels for total cholesterol fall below 200

mg/dL; LDL cholesterol should be below 130 mg/dL; HDL cholesterol should be greater than 40 mg/dL; and triglycerides should be less than 150 mg/dL.

These levels are used for individuals who do not have additional risk factors for CHD. Factors that further increase risk for CHD include cigarette smoking, family history, blood pressure greater than 140/90 mmHg and an age greater than 45 for men and 55 for women.

Check with a doctor or registered dietitian for more details about the levels a person should be at to protect their heart from future disease.

Knowing about the risk is only the first step. Protection is also vital.

The first step in protection is limiting the amount of fat that consumed each day to no more than 30 percent of total calorie intake.

Saturated fat can raise blood cholesterol and should be kept below 10 percent of total energy intake.

For example, a 140 pound, lightly active female needs approximately 1,600 calories per day 25 calories per kilogram.

To get less than 30 percent of her total calories as fat she needs to consume no more than 53 grams of total fat a day. She should limit her intake of saturated fat to 10 percent of total calories, so this individual should consume approximately 18

TIPS continued on page 9

TIPS continued from page 8

grams of saturated fat per day.

An additional way to decrease cholesterol includes the intake of plant sterols. Plants sterols can assist by lowering total and LDL cholesterol levels.

It is the stanols and sterols in plants that can keep people healthy. Stanols and sterols are actually similar in structure to cholesterol, but their small difference does not allow them to be absorbed as easily into the body.

Because they are similar they compete with cholesterol to reduce absorption of cholesterol, causing a reduction in your blood cholesterol levels.

Studies showing decreases in blood cholesterol by eating plant sterols began in the 1950's and current researchers found ways to include plant sterols and stanols in some margarines and mayonnaises.

Not all margarine and mayonnaise include stanols and sterols. Check the ingredient label to be sure.

These special products are typically more expensive than regular margarine and mayonnaise, but the protective benefit may be worth the additional cost.

People should use three servings of one spread each day for the cholesterol lowering benefits.

Increasing fiber also helps to lower cholesterol and keep hearts healthy. There are two important types of fiber, soluble and insoluble.

Soluble fiber can help to lower blood cholesterol and is found in oat products, dried peas and beans, and certain fruits like prunes. Insoluble fiber keeps a digestive tract healthy and is found in whole grain breads and cereals, fruits and vegetables.

Look for bread products that have at least three grams of fiber per serving.

Exercise also does a body good. Physical activity helps to control cholesterol levels and assists in maintaining a healthy body weight.

Try fun activities and grab a buddy for motivation.

By implementing exercise and healthy eating into diets people can have a happy, healthy heart and protect themselves from CHD for years to come.

For more information about a heart healthy eating plan or additional help with nutrition, call the Health and Wellness Center at 2-3889.

ARMCHAIR QUARTERBACK CHALLENGE

Each week during football season, the Crossroads publishes a list of the National Football League games of the week for Team Lajes to predict.

Individuals with the most correct picks will win free movie passes (admit two), \$3 off any Burger King purchase and a rent one get one free at the Shoppette donated by AAFES.

The number one-ranked Armchair Q.B. each week will get their name and photo published in the Crossroads and we'll also print any smack talk the winner chooses to submit.

Congratulations to the first winner for the season, **Micah Bartron**. He slid into first by picking the Falcons over the Eagles.

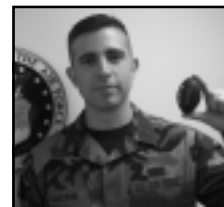
Now for the losers -- The person or people with the worst record receives the patented "You Don't Know Jack" award, which is no prize.

This week's "You Don't Know Jack" award goes to **Merin Gracey**. You were off to a bad start when you picked the Raiders. Better luck next week.

Bring picks to the Public Affairs office in room 240 of Bldg. T-100 or e-mail them to lajesnews@lajes.af.mil. The challenge is open to military members, dependents and civilians. All entries must be submitted before the opening kickoff to the first game Sunday. In the case of a tie, a winner will be decided by who picks the closest combined score of the Monday Night game.

"All I wanted to do was beat Capt. McGee. Of course, that is easier done than said."

-Micah Bartron



<input type="checkbox"/>	New York Giants vs. New Orleans Saints	<input type="checkbox"/>
<input type="checkbox"/>	Pittsburgh Steelers vs. Houston Texans	<input type="checkbox"/>
<input type="checkbox"/>	Jacksonville Jaguars vs. Indianapolis Colts	<input type="checkbox"/>
<input type="checkbox"/>	San Francisco 49ers vs. Philadelphia Eagles	<input type="checkbox"/>
<input type="checkbox"/>	Detroit Lions vs. Chicago Bears	<input type="checkbox"/>
<input type="checkbox"/>	Atlanta Falcons vs. Seattle Seahawks	<input type="checkbox"/>
<input type="checkbox"/>	San Diego Chargers vs. Denver Broncos	<input type="checkbox"/>
<input type="checkbox"/>	Kansas City Chiefs vs. Oakland Raiders	<input type="checkbox"/>
<input type="checkbox"/>	Baltimore Ravens vs. Tennessee Titans	<input type="checkbox"/>
<input type="checkbox"/>	New England Patriots vs. Carolina Panthers	<input type="checkbox"/>
<input type="checkbox"/>	Buffalo Bills vs. Tampa Bay Buccaneers	<input type="checkbox"/>
<input type="checkbox"/>	Minnesota Vikings vs. Cincinnati Bengals	<input type="checkbox"/>
<input type="checkbox"/>	St. Louis Rams vs. Arizona Cardinals	<input type="checkbox"/>
<input type="checkbox"/>	Miami Dolphins vs. New York Jets	<input type="checkbox"/>
<input type="checkbox"/>	Cleveland Browns vs. Green Bay Packers	<input type="checkbox"/>
<input type="checkbox"/>	Washington Redskins vs. Dallas Cowboys	<input type="checkbox"/>

Total Points for Monday's Game: _____



PLANNER

Meal time

Burger King: 7 a.m.-9 p.m. Sun.-Thu.; 8 a.m.-10 p.m. Fri., Sat.

Frank's Franks: 11 a.m.-6 p.m., Tues.-Sat.

Oceanview Island Grill: Lunch 11 a.m.-11 p.m. Mon.-Sun. Specials, with fries or salad & drink: Mon., roasted chicken or meatball sandwich; Tue., 16" 2-topping pizza; Wed., fried shrimp; Thu., 16" 1-topping pizza or taco salad; Fri., lasagna. Pizza specials only come with drinks.

Subway: 10 a.m.-9 p.m. Mon.-Fri.; 10 a.m.-8 p.m. Sat.; noon-6 p.m. Sun.

Top of the Rock Club: Dinner at the TORC has changed to 5 to 9 p.m. Tuesday through Sunday in the main lounge. The lounge food menu (Bits & Bites) is expanded to include steak and chicken dinners. This temporarily replaces the previous dining room experience as they transition to a contract operation for food at the TORC. Club members receive \$2 off dinner. Sunday service starts Sept. 11 when the lounge opens for NFL Sea-

son and football frenzy.

Lunch and Saturday brunch remain unchanged. Lunch is 11 a.m.-1:30 p.m. Mon.-Fri.; brunch 8:30 a.m.-noon Sat.; Lunch buffets & specials: Mon., Southern buffet; Tue., Mexican buffet; Wed., Italian buffet; Thu., Oriental buffet; and Fri. seafood buffet.

Chapel

Daily Mass: 11:30 a.m. Tue., Wed., Thu. and Fri.

Monday

Protestant women's spiritual fitness training, 7 p.m.

Tuesday

Charismatic prayer 5 p.m.

Wednesday

Men's spiritual fitness training/lunch, noon; Catholic choir practice 5 p.m.; traditional choir practice 6 p.m.; hand bell choir practice 7 p.m.; men's bible study, 7 p.m.

Thursday

Gospel choir practice 7 p.m.

Sunday

Celebration of Holy Communion 8:30 a.m.; Protestant traditional service 9 a.m.; Confes-

sions, Sunday at 9:30 a.m. or by appointment. Catholic Mass 10:30 a.m.; Gospel service, noon; Protestant teens/youth 6 p.m.

Base services

Barber shop: 8:30 a.m.-6 p.m. Mon.-Fri.; 8 a.m.-4:30 p.m. Sat., 2-3396

Beauty shop: 10 a.m.-6 p.m. Tue.-Sat., 2-4124

Child development center: 7 a.m.-5:30 p.m. Mon.-Fri., 2-3188

Community activities center: 10 a.m.-8 p.m. Tue.-Sat.; noon-5 p.m. Sun., 2-4135

Commissary: 10 a.m.-6 p.m. Mon.-Wed., Fri., Sat.; 10 a.m.-7 p.m. Thu., 2-6174

Chace Fitness Center: 5 a.m.-midnight Mon.-Fri.; 8 a.m.-7 p.m. Sat., Sun., 2-5151

Dry cleaners: 9 a.m.-1 p.m. Mon.; 10 a.m.-6 p.m. Tue.-Fri.; 10 a.m.-4 p.m. Sat., 2-3630

Flight View BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun. & Portuguese holidays, 2-5236

Gas station: 10 a.m.-5 p.m. Sun., Mon. (gas only); 10 a.m.-6

p.m. Tue.-Sat., 2-5125

Library: 4-9 p.m. Mon.; 10 a.m.-9 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri.; 10 a.m.-5 p.m. Sat., Sun., 2-3688

Manicure shop: 10 a.m.-6 p.m. Tue.-Sat., 2-2493

New Car Sales: 10 a.m.-6 p.m. Tue.-Wed.; noon-8 p.m. Thu.-Sat., 2-3173

Ocean Front BX: 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun., 2-3444

Outdoor recreation: 10 a.m.-7 p.m. Tue.-Sat.; 11 a.m.-7 p.m. Sun., 2-4140

PFCU: 11 a.m.-4 p.m. Mon.-Thu.; 11 a.m.-5 p.m. Fri., 295-543-681

Shoppette: 9 a.m.-11 p.m. Mon.-Sat.; 10 a.m.-8 p.m. Sun., 2-3280

Skills development center: noon-8 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri., Sat., 2-5255 or 295-575-255

Thrift shop: 10 a.m. to 2 p.m. Mon., Wed. and Fri. and the 3rd Sat. of the month. 2-3567 or 295-573-567

Vet clinic: 9 a.m.-3 p.m. Mon.-Fri.; 1-7 p.m. 1st, 3rd Wed., 2-3134 or 295-573-134

AFN Sports

myafn.net

Friday

AFN-Sports

2005 World Sailfish Championship, 9 p.m.

MLB: Oakland Athletics @ Boston Red Sox, 11 p.m.

AFN-Pacific

MLB: Cincinnati Reds @ Pittsburgh Pirates, 11:30

p.m.

Saturday

AFN-Atlantic

MLB: Philadelphia Phillies @ Florida Marlins, 5 p.m.

AFN-Sports

MLB: Atlanta Braves @ NY Mets

College Football: Alabama @ South Carolina, 7:30

p.m.

College Football: Florida State @ Boston College,

11:45 p.m.

Sunday

AFN-Atlantic

NASCAR Craftsman Truck Series: Sylvania 200

Presented by Lowe's, New Hampshire International Speedway, 11 a.m.

NFL: Minnesota Vikings @ Cincinnati Bengals, 5

p.m.

NFL: San Diego Chargers @ Denver Broncos, 8

p.m.

AFN-Pacific

NFL: Jacksonville Jaguars @ Indianapolis Colts, 5

p.m.

NFL: Miami Dolphins @ NY Jets, 8 p.m.

AFN-Sports

NFL: Buffalo Bills @ Tampa Bay Buccaneers, 5 p.m.

NFL: St. Louis Rams @ Arizona Cardinals, 8 p.m.

Today: 7 p.m.
"Sky High," rated PG.

When you're the son of the world's most legendary superheroes The Commander and Jetstream, there is only one school for you -- Sky High, an elite high school that is entrusted with the responsibility of molding today's power-gifted students into tomorrow's superheroes. The problem is that Will is starting with no superpowers of his own and, worst of all, instead of joining the ranks of the "Hero" class, he finds himself relegated to being a "Sidekick." Now he must somehow survive his freshman year while dealing with an overbearing gym coach, a bully with super speed and a dangerous rebel with a grudge (and the ability to shoot fire from his hands) not to mention the usual angst, parental expectations and girl problems that accompany teenage life.

Today: 10 p.m. "Wedding Crashers" rated R.

Vaughn and Wilson star as a pair of divorce mediators who spend their weekends crashing weddings in a search for Ms. Right ... for a night. But when one of them falls for the engaged daughter of an influential and eccentric politician at the social



event of the year, they get roped into spending a weekend at the family's palatial waterfront estate and quickly find themselves in over their heads.

Saturday: 7 p.m., "The Devil's Reject," rated R.

The unthinkable horror and chaos continues a few weeks after the events depicted in "House of 1000 Corpses," as the murderous Firefly family is forced on the lam after a bloody showdown at their home. With their story all over the news, the Firefly family continues their soulless killing spree, while Sheriff Wydell - hell-bent on avenging his brother's murder - looks to track them down for one last horrifying confrontation.

Sunday: 2 p.m. Sky High; 7 p.m. "The Devil's Reject,"

Wednesday: 7 p.m., "The Devil's Reject"

Thursday: 7 p.m., "Wedding Crashers"

Note: Movies and times shown are subject to change. For details, call the base theater at 2-4100/295-57-4100. Listings are also available at www.aafes.com.



EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil. For on-base numbers, dial 295-57 and the last four digits.

Street bullfights

Saturday: 5:30 p.m., Terreiro, Posto Santo; 6 p.m., Amoreiras road (past Nascido Sol housing area)

Sunday: 6 p.m., Ribeira dos Pães- Lajes

Monday: 5:30 p.m., Biscoitos

Tuesday: 5 p.m., Porto Martins; 5:30 p.m., Pesqueiro

Wednesday: 5 p.m., Porto Martins; 5:30 p.m., Biscoitos

Thursday: 5 p.m., Porto Martins; 5:30 p.m., Biscoitos

Sept. 24: 5 p.m., Canada do Serra, Porto Martins

Other local events

Circus: The Portuguese Circus 'Atlas' will perform in Praia, today through Monday. Performance times are 10 p.m. every night and also at 5 p.m. Saturday and Sunday. The circus will be located across the old soccer field, to the left of the road that leads to the military port. Tickets can be purchased at the door two hours before each show.

Base events

College night at the library: The library will have "College Night" 7 to 8 p.m. Thursday. Find out what resources the library has to help research colleges and universities, study for entrance exams and apply for financial aid. For more information, call 2-3688.

Cub Scouts: The next Cub Scout Pack meeting will be held at 6 p.m. Sept. 26 in the Elementary School. Cub Scouts is for grades 1-5. New scouts are always welcome! For more information, contact Andy or Kimberly Henne at 295-549-741.

Vet walk-in clinic: The Veterinary Clinic will host a walk-in clinic 2 to 6 p.m. Sept. 28. For details, call Staff Sgt. Troy Livingston, at 2-3134

Air Force Ball: The Air Force Ball is scheduled for 7 p.m. Oct. 8 at the Top of the Rock Club. Menu choices include cheese ravioli with arti-

chokes in a pesto cream sauce, breaded scallops with garlic dipping sauce or mixed tenderloin tips with mushroom demi glace. Tickets are \$18 for club members and \$20 for nonmembers. Sign up sheets are available in all units.

Education center

Tuition Assistance: The last day for issuing tuition assistance for fiscal year 2005 will be close of business Wednesday. After this date, the issuing of TA will resume Oct. 1. It is important that students coordinate these dates with their respective registration periods; taking into consideration their TA balances. Tuition assistance issued after Oct. 1 will be out of FY 06 funding when student accounts will be replenished.

OU classes: Spousal Tuition Assistance deadline for Term II is Sept. 23.

The next course being offered for the fall is HR 5462-226, "Counseling Skills in Human Relations," an elective course toward a Master's degree in Human Relations degree. The course dates are Dec. 13-18. The last day to add/drop will be Nov. 31. For more information call Jaclyn Kemp at 2-3171.

Central Texas College: The Legal Assistant/Paralegal program is coming to Lajes. Central Texas College will begin offering the Legal Assistant/Paralegal program in Term 2, beginning with LGLA 1307 Introduction to Law and the Legal Profession. All Spouse Tuition Assistance applications must be received by Sept. 23. Term 2 registration begins Oct. 11 and runs through Oct. 21. For more information, please contact Kimberly Henne at 295-576-722/2-6722 or stop by the CTC office in Bldg. T-400.

The CTC office is open Monday through Thursday 8 a.m. -1 p.m.

ERAU Registration Deadlines: Embry-Riddle is holding registration for the next on-site course, SFTY 345, through Sept. 23. For more information, contact Terra

Schellig at 295-573-375.

Volunteer/jobs

LYP instructors needed: The Lajes Youth Program is looking for qualified instructors for karate, dance, tumbling and cheerleading to teach classes for the LYP. For more information, call Laura Niswonger at 295-571-197.

Services vacancies: The following positions are vacancies or anticipated vacancies within the 65th Services Squadron: recreation aid and school-age program assistant for the youth center; recreation aid at the community activity center, and a child development program assistant. To apply for any of these positions, visit the 65th SVS Human Resources Office in Bldg. T-112. For more information, call the HRO staff at 295-572-200 or 2-5200.

Family Child Care providers: The family member program here is seeking individuals to become family child care providers in their homes on base. Providers set their own fees and hours. Training and resources are provided. Each provider may care for up to six children including their own with a limit of two children under the age of two. They may also choose to watch a maximum of three children under the age of two instead. For details on becoming a provider, call Kimberly Moore at 295-571-332 or 967-894-095.

Mildly Ill Care Provider: Lajes Field is seeing a Mildly Ill care Provider. In the MIC Program, child care is provided in specially contracted Air Force licensed or affiliated family child care homes. These homes feature providers who have received specialized training from medical staff and provide child care services for children ages four weeks through twelve years who have mild illnesses or conditions that prevent them from using their usual group care arrangements. For more information about becoming a mildly ill care provider, call Kimberly Moore at

295-571-332 or 967-894-095.

Administrative volunteers: Lajes Elementary School is in need of administrative volunteers for the school year. If interested, call 295-573-491 or 2-3491.

Crossing guards: The Lajes elementary school needs adult volunteer crossing guards. Help is needed in the morning and afternoon during the times children are arriving and departing each school day. For more information, call the school at 295-576-216 or 2-6216.

Bus monitors: Lajes is looking for volunteer bus monitors for the upcoming school year. If interested, contact Janet Ross at janet.ross@lajes.af.mil or 295-571-314 or 2-1314.

Elementary teachers: There are Elementary teacher positions for certified DoDDS Teachers for local hire. For more information, call Paula Carnley at 2-3491 or e-mail Paula.Carnley@eu.dodea.edu.

Subs needed: Lajes high and elementary schools need substitute teachers for the school year. Pick up applications at either school between 8 a.m. and 3 p.m. weekdays. For more information, call Paula Carnley at 295-573-491 or Lori McCoy at 295-574-151 or 2-4151.

Legal office volunteers: The 65th Air Base Wing Legal Office is looking for volunteers to help answer phone calls and do light administrative work. If interested, call 2-3546.

Closures

LYP Snack bar: The snack bar in the LYP will be closed all day Monday through Wednesday. The 65th Civil Engineer Squadron will be upgrading/installing the fire suppression system in the Youth Center kitchen. For information, call Kim Moore at 2-1332.

Locker rooms/Sauna: In preparation for the fitness center locker rooms, the Saunas have been turned off. For more information, call the fitness center at 2-5151.



EVENTS

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School Information

First day of Sure Start: Sure Start begins Monday. For more information, call Janet Ross at 2-1314 or 295-571-314.

Lajes American School Advisory committee: Anyone interested in improving the schools and having a voice in recommendations being made to the school administration, should consider running to be a parent representative on the Lajes American School Advisory Committee. To apply, E-mail a 50 - 75 word statement about yourself and why you would be interested in being a parent representative on our School Advisory Committee for SY 2005-2006 and SY 2006-2007 to Ginny.Briggs@eu.dodea.edu, Susan.Simmons@eu.dodea.edu or John.Allan@eu.dodea.edu. Statements are due Monday. SAC elections ballots will be mailed to APO boxes soon.

Drop boxes: Box top and food labels, which allow the elementary school to get free items, can now be dropped off at either the post office or the elementary school.

Extra parking: Extra school parking is available beside the school by the playing field near the youth center. Parents should park at this location and walk to pick up their children to prevent a traffic jam.

Meal program: Parents interested in the free/reduced price meal program can e-mail janet.ross@lajes.af.mil for an application.

Parent Teacher Organization: The First PTO Meeting will be held on 6:30 p.m. Sept. 28 in the ES Multipurpose Room. Contact Lori.McCoy@eu.dodea.edu or 2-4151 if you are interested in being a member.

Traffic Flow: The traffic flow for dropping off children is as follows: Enter gate by the old dental clinic and nearest the high school entrance. Exit by the elementary side. Remain in single file and watch for children exiting cars especially be aware of right-handed drive vehicles in which children are exiting from the

left side of the car. Do not leave space between vehicles -- pull up into the space nearest the next car to let children out. Maintain one lane of traffic. Do not pull out from behind a parked car and go around.

Miscellaneous

Football Frenzy: The Top of the Rock Club hosts a Football Frenzy 4 p.m. each Sunday during football season. There will be a free buffet for members during halftime. Cost is \$10 for nonmembers. For details, call 2-3202.

Tops in Blue: The deadline for anyone interested in touring with Tops In Blue 2006 is today so all packages can be in by Oct. 3. Openings exist for: performers, vocalists, comedians, instrumentalists, dancers, drivers, stage technician, lighting technician and audio technician. Contact Kim Moore at 2-1332 or 967-894-095 or Senior Airman Chad Goff at 2-2325. for application packets and information. Airman Goff toured with TIB in 2003 and is an expert on what is required and is offering to help put together packages to submit.

African American Heritage: The African American Heritage Committee will meet at noon every 3rd Thursday of the month at the Sun and Sand Hut. For more information, call Master Sgt. James Keiler at 2-6844 or Staff Sgt. Cheick Bah at 2-3606

FSC car listing In light of the new Portuguese laws prohibiting the placement of for sale signs in cars, the family support center has developed a book to help connect those selling cars with those in need of purchasing a car. This book will be maintained at the FSC front desk and will be made available for all newcomers to view in Right Start. People interested in selling will need to bring in a flyer to have their car advertised in this book. For details, call 2-4138.

Share the music contest: Tops in Blue is conducting a survey to find out about their fans. Anyone who completes the survey will have a

chance to win one of many iPod prizes including a 20GB iPod, Shuffles, iPod accessories and iTunes. Log on to www.topsinblue.com for a chance to win.

Cub Scout Bowl-a-thon Cub Scout Pack 1605 and the Transatlantic Council are sponsoring a bowl-a-thon fundraiser on Sept. 24 from 1-3 p.m. at Hillside Lanes. For more information, please contact Andy or Kimberly Henne at 295-549-741.

Heartlink: Do you want to learn more about what it is like to be a part of the military? Civilian spouses can join Heartlink and find out more about the Air Force. Meet new spouses, play games and come to have fun.

Childcare certificates are available. Call the family support center at 2-4138 or 295-574-138 to sign up.

Furniture at AAFES: The Army and Air Force Exchange Service sells furniture from 10 a.m. to 5 p.m. Saturdays in the warehouse in Bldg. T-800 (near the 65th Security Forces Squadron and OSI). For more information, call Laura Meyer at 295-573-209 or 2-3209.

DRMO: The DRMO is open to customers 8:30 a.m. to 3:30 p.m. Monday through Thursday. Customers can call 2-3358 to schedule an appointment to drop items off at DRMO. They are closed to customers on Friday, American and Portuguese Holidays.

Chapel

Sunday School: 10:30 a.m. Sunday at the chapel. For more information call Chaplain Knight at 2-4211.

New Creation Café: 7 p.m. today at Eddies Place. For more information call Chaplain Knight at 2-4211.

Men's Spiritual Leadership Training/Breakfast: 8 a.m. Saturday at the chapel. For more information call Chaplain Knight at 2-4211.

SUM Dinner: 5:30 p.m. Thursday at the chapel.

Catholic Youth of Chapel Meeting: Sept. 24

at the chapel. For more information call Chaplain Glaros at 2-4211.

Little Flowers Girls' Club: 3 p.m. Sept. 26 at the chapel. For details call Chaplain Glaros at 2-4211.



Graphic by Staff Sgt. James Zannetti

Classifieds

Submit ads via e-mail to news@lajes.af.mil. Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.

For Sale: 1992, Nissan Bluebird, blue, 4-doors. PCSing must sell. Great & reliable. Right hand automatic drive, power a/c, locks, windows & CD player. Inspection good until June 2006. \$2,800 OBO. Available Oct 5th. Call Karin 295-516-677 or 2-1468.

Nanny Available: Looking for a Great Nanny? She speaks great English, picks up the house, does laundry, pretty much everything, very trustworthy, and straightforward. If interested please call Janelle at 2-3403 or 295-513-937.

For Sale: Automatic, 1991 Nissan, 4 dr, Japanese spec car (steering wheel on right side). Great second car. \$800 Contact Janelle at 2-3403 or 295-513-937.

For sale: 2000 Chevy Malibu, silver. PCSing, Must sell. Will Negotiate. \$7,000 O.B.O. Call Monique 295-515-667 or 969-592-189.

For sale: 1988 Lincoln Town Car \$850 Runs well, has no overdrive. Many new parts included. Inspection good until Sept. 2006. Call Keith at 295-542-317 or 2-4151.

For Sale: 1996 Renault Twingo Excellent Condition, 42,000 miles - lightly used. All electrical and digital, w/ new tires. Inspection good until March 2006. Portuguese Plates. Good size for island parking. Price: \$4,300 OBO Great & reliable island car! Call Matthew Glaros 2-4211 H: 295-549-205

For Sale: Complete Mess Dress for about a 6 foot male. Separating, once used, immaculate condition. Best Offer. Call 965-356-789

For Sale: Two electric portable room heaters. Work great for taking out the damp winter chill off-base. 220V. \$20 and \$30 respectively. Call 965-356-789

For Sale: 1991 Chevrolet 4X4 Blazer. \$2,500 OBO. Inspection good until June. Call 295-542-042 if interested.